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THE

SCIENCE OF SELF DEFENCE.

A TREATISE ON

SPARRING AND WRESTLING,

INCLUDING COMPLETE INSTRUCTIONS IN TRAINING AND PHYSICAL DEVELOPMENT.

ALSO,

SEVERAL REMARKS UPON, AND A COURSE PRESCRIBED FOR THE REDUCTION OF CORPULENCY.

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To

CHARLES G. GODFREY, ESQ.,

THE GENEROUS FRIEND

AND ACCOMPLISHED GENTLEMAN,

THIS WORK

IS AFFECTIONATELY DEDICATED BY

THE AUTHOR.

PREFACE.

IN giving the following pages to the world, we do so with a certain degree of anxiety oscillating between pride and fear—*pride* at our maiden effort—*fear* for its success. We began to write this work in 1860, but the war breaking out soon after, compelled us to defer the undertaking to a more auspicious season. And now that Military arms are no longer fashionable, doubtless "Old Nature's" arms in adjusting quarrels or in self-protection will be the only weapons needed. Therefore as a natural consequence, their practical development and scientific use should be earnestly cultivated.

Some readers may inquire why our work needs a preface, and many devoted to light literature may consider all prefaces *bores*. With all due deference, we esteem this an error, for from a preface you may glean

the author's intentions and opinions in reference to his work. The prefaces of Sir Walter Scott, are models of humor and historic truth and beauty; those of Bulwer instructive and interesting. At all events the most eminent authors in all ages have in their prefaces deprecated the severity of critics and appealed to the kindness of their readers in regard to faults and imperfections and anticipated objections,

> "Custom exacts, and who denies her sway?
> An epilogue to every five-act play."

So it is equally imperative on the subject of prefaces. We have therefore resolved that our little bantling shall be ushered into this "breathing world" with all the literary honors. But what shall our preface treat of? Shall we go back to the days of Greece and Rome and exhibit our classic lore in recounting the sports and games of antiquity; how at religious festivals the noblest of the Grecians and Romans contended in throwing the discus, hurling the javelin, *Running*, *Leaping*, *Wrestling* and *Boxing?* Shall we tell of the Olympian, Pythian, Isthmian or Nemean games, and how for ten months the Athletes underwent preparatory training in the Gymnasium at Elis under the careful tuition of accomplished Masters, and how the greatest Statesmen, Poets, and Warriors contended for the Olive Crown, and how Alcibiades, the finest

formed man of his age, owed his exquisite and superb *physique* to his training for the Olympian games?

> "He deemed it no small part of his renown
> To wear the Olive with the Laurel crown."

Our purpose is not to dwell on the past; but no one familiar with the history of the Grecian or Roman people, can fail to realize the fact, that to out-door sports and games they were indebted for their stalwart warriors, warriors that made Rome the mistress of the world. It was only when effeminacy and luxury pervaded the masses of the nation that the seven-hilled Queen fell before the conquering arm of the Goths and Vandals. We presume no one at the present day will deny the advantages (not only to the sedentary but to every one) of wise and systematic physical training. The union of strength and beauty in the human form is the greatest point to be achieved, and if "*Mens sana in corpore sano*" is the greatest of blessings, it can only be obtained by a judicious exercise of all the powers of the mind and the muscles of the body acting in harmony; therefore we do not fear contradiction in asserting that out-door sports and gymnastic exercises promote cheerfulness, "clear the cobwebs from the brain," excite a healthy circulation of the blood, and brace and harden the muscles. How many earnest students have defeated all their efforts

for the elevation of mankind, by a neglect of this most obvious principle of husbanding and strengthening their physical resources; dooming themselves to a life of suffering and a premature grave. We could quote many illustrious examples of this neglect of the body, in the over anxiety for the development of the intellectual powers. Though perfect harmony is perfect beauty, and though the immortal soul, the ever-active mind of man, are gems of priceless value, not less worthy of preservation and care is the casket in which they are enshrined.

But our work is not a treatise on medicine—and we must not frighten our readers, nor must we commit the worst of offences in this wide-awake age by becoming prosy. Our object, then, in this volume is to give a correct and reliable Manual on the "*Art of Self Defence*," not founded on "obsolete" rules of a by-gone age, but on the practical results of our own experience and observation, and, we trust, with a clearness and precision that will render it invaluable to the pupil and interesting to the amateur and general reader. We also give such hints on *training* as will be useful to all persons engaged in sedentary pursuits.

Even those who look with horror and disgust on the Prize Ring are willing to allow that a scientific knowledge of self defence is desirable simply as a

means of self preservation and protection, and certainly the philanthropist, of two evils will choose the least, a "free fight," which, as Shakespeare says may end in "bloody noses and cracked crowns," being far preferable to the wholesale butcheries that have too often disgraced the civilization of many of our large cities.

Man is a pugnacious animal. The organ of *combativeness* is largely developed in many heads, and has just as legitimate a place as *Reverence* or *Ideality*, and though Phrenologists term it a propensity, (in contradistinction to the moral and intellectual organs,) it enters largely into every enterprise in which courage and energy are indispensable. Without it, George Stevenson would never have spanned England with railroads, or our Fulton set his first steamer floating in majestic beauty on the fair bosom of the Hudson. Wisdom should teach us, not to ignore either its existence, or power for good or evil, but how wisely to guide and control it. It is a well-known fact that professional pugilists are generally men of great forbearance under provocation, and we are satisfied that a thorough knowledge of the "Art of Self Defence" renders men not quarrelsome but forbearing, for they feel it is "glorious to possess a *giant's* strength, but cowardly to use it *like* a giant." Therefore, on the score of good

manners and good breeding, we suggest a thorough cultivation of this manly accomplishment. But we must bring these preliminary remarks to a close, trusting our labors will not *prove* entirely in vain. As physical *training* is exciting attention in this country, we hope our little book may be the means of attracting the notice of those who have hitherto given little thought to the subject, that its hints may be acted upon, and that its judicious system of training may plant the rose on many a faded cheek and that we may see the rare combination of physical beauty, strength and gentleness, united to those moral and intellectual qualities that ever mark the true gentleman.

CONTENTS.

PAGE

THE ARM 17
THE FEET, ... 23
THE HEAD, ... 28
THE BODY, ... 32
SPARRING, ... 35
Blow Number One, ... 38
Blow Number Two, ... 41
Blow Number Three, ... 45
Blow Number Four, ... 47
Blow Number Five, ... 50
Blow Number Six, ... 53
Blow Number Seven, ... 55
PARRYING, ... 59
Parry Number One, ... 61
Parry Number Two, ... 63
Parry Number Three, ... 65
Parry Number Four, ... 67
Parry Number Five, ... 69
Parry Number Six, ... 71
Parry Number Seven, ... 73

PAGE

Fibbing, ... 76

Cross and Counter Fibbing, ... 78

Getting the Head in Chancery, ... 81

Getting the Head out of Chancery, ... 85

Side-falls, ... 91

Cross-buttocks. 93

Striking the Bag, ... 96

Introduction to training, ... 98

Training, ... 110

Corpulency, ... 123

THE ARM.

S a motive power for offence or defence, it would be a mere waste of our time as well as that of our readers, were we to expatiate upon the propriety of the heading to these pages. The arm is literally the principal motive power physically given to man for offence and defence. This is self evident. Who, possessing the ordinary instinct of pugnacity common to humanity, ever received a blow that did not at once acknowledge the favor by "hitting out" straight from the shoulder? Who that is about to receive one, does not instinctively place himself as rapidly as possible in the best natural position to ward it off?

Whether a man is of an extremely bellicose disposition or otherwise, the disposition to return or parry a blow is instinctive and cannot be wanting in his normal condition.

With or without a weapon, it may be considered

invaluable. To the honor of the Anglo-Saxon blood, let it be said that the tendency to use a weapon is rarely evinced, either by the American or Englishman, save the cause of quarrel be one which blood alone can wipe out, or there is such a manifest disparity in age or physical strength between the parties as to render such a trial of the question between them in its results, a prejudged certainty.

Let me then indicate to my readers the best manner in which they can employ the original weapons of defence which they inherit from their primary progenitor, Old Adam.

To administer a blow with sharp and telling effect, it is absolutely necessary that you should be precise and clean in your delivery; otherwise, instead of injuring your opponent, you are liable to disable yourself. This must, as a necessary consequence, render you liable to defeat, even though you may be infinitely stronger than your adversary. To avoid this, your first attention should be given to the position of your arms. They should invariably be disposed in an easy attitude, (which, because it is easy, is certain to be graceful,) as ready to repel an attack efficiently, as to retaliate upon, by assailing, your adversary.

The position of the arms will, however, have to be varied according to your own capabilities.

No specific or invariable rule can be given which is applicable to every kind of figure, disposition, or weight.

There are perhaps in the world no two pugilists whose position is precisely alike when they spar or fight. As no two poets treating the same subject would deliver themselves of the same numbers—as no two painters when embodying the same subject could treat it in perfectly the same manner, and as no two men possess exactly the same lineaments—so is it almost an impossibility for two pugilists to take exactly the same attitude, however nearly the physical conformation of one man may approach the other. However, while we state this, there are rules without the observance of which neither the poet nor painter can do anything worth looking at. So there are rules for the position of the arms, which you would do well to attend to, if you intend covering yourself or punishing your opponent. Should these by any chance or ignorance be unobserved, the unavoidable certainty would be that your frontispiece would be so elaborately ornamented by your assailant, or at all events your body would be so cruelly punished, that you might find it extremely unpleasant to be visible to your friends for the ensuing two or three weeks. Under these circumstances you may in all probability find it as well as not to attend to them.

In the first place the hand should be properly closed, or, as the phrase is, the fist should be properly made up. This is a matter of much importance and will require practice. The fingers should be clenched, (not too tightly,) and the thumb so doubled down outside of them, that when the arm is in proper position for

FIG. 1.—FIRST POSITION.

action before your adversary, he can see no portion of it above the knuckles. If the hand be rightly held the knuckles form a sort of arch, and if at the moment the

blow be given, the hand be clenched with all your might it cannot but be effective.

In the next place your left arm should be extended at about two thirds of its whole length, and the extremity of the arm should range just below the level of your shoulder. The back of the hand should be turned downward, but at the same time the hand should be slightly turned upward from the wrist. By this position the back of your knuckles will be thrown exactly upon a line with the face of your opponent.

The advantage of this position of the left arm, is self evident, and nothing could well be easier or less fatiguing, and while its powerful propelling muscle is scarcely in full tension, it is capable of complete and prompt exertion at any moment for offence or defence.

Secondly, your right arm should be extended across your body, your finger knuckles touching the nipple of the left breast. This must necessarily bring the knuckles of the back of your hand immediately towards your adversary's face.

This position is even easier than that of the left arm, while its advantages are precisely the same.

In each of them your elbows should be evenly squared, so that when either arm is put in motion, it will just clear the body either in drawing back or advancing.

Thirdly, when you are sparring you deliver or push out each arm alternately, throwing out the one arm, as you recover or draw back the other, so that when the one arm is out from the body, ready to repel or attack, the other is quietly at rest, prompt to seize upon a chance for any mischief which may court attention.

In laying down these rules for the position of the arms we have expressed ourselves in the simplest manner possible. Brevity is said to be the soul of wit. Whether it is or not, this we do know, that while teaching the science of sparring, we have invariably found that brevity of explanation and immediate practical exemplification were the surest means of giving the pupil an accurate idea of that which is absolutely necessary. Here, of course, practical exemplification (sometimes it must be owned practically unpleasant to the pupil) is impossible, but by a reference to the figures given with the above rules, it will however be almost as easy for the willing learner to acquire thoroughly the elementary principles of the right position of the arms, when they are intended to be employed, either as the means of attack, or as a mode of defence.

THE FEET.

NEXT to his arms, in their actual utility to the pupil his feet may be reckoned. But readers should be warned that Boxing is an essentially pugnacious calling. They must not therefore for a single moment suppose that a preceptor in the scientific art can be at all disposed to rank the power of running away, as one of the principal elements of this utility. Fleetness of foot might be an equivocal compliment when proffered as the leading one to a Boxer. Yet to a certain extent it is absolutely necessary, and should be cultivated, as celerity of motion is always an advantage when weight, height, and science are equally balanced. It is, however, in the accurate poise of the body upon the feet, in the additional momentum which may be given to the force of a blow by momentarily shifting the centre of gravity, as well as rapidity in change of position, that the main value of the members

consists. Otherwise the "fighting upon his stumps" as the Old Knight does in the ballad of Chevy Chase, if the legs were "hacked off," might not be disadvantageous, although, as far as the author is concerned, we consider it as very decidedly objectionable. Your position upon your feet, then, is an affair of paramount importance. No amount of skill in the management of your arms would in any way compensate for ignorance or carelessness in this respect. This the more especially as the rules for the position of the pupil are clear and easy of comprehension with reference to his feet. When once learned, the practical advantage of them is so palpably obvious that they run no risk of being speedily or indeed ever forgotten.

Let it therefore be impressed strongly upon all readers, that it is positively a matter of vital necessity that they should thoroughly comprehend and employ the rules which are here given them in as simple and condensed a form as practicable.

The position to be assumed by amateurs must be taken as on opposite page.

If you are accustomed to box with the left foot foremost, which is generally considered preferable, and commonly adopted, the left foot must be placed in a direct line with your adversary; the right heel must also be in a direct line with the line of your left foot.

The distance between the two heels should be, as precisely as possible, thirteen inches, while the toe of the right foot should be placed as nearly as can be at an angle of *forty-five degrees* from a line supposed to be drawn between your left toe and heel, and your right heel. Two thirds of the weight of your body should be thrown upon your *left* foot, which is supposed to be

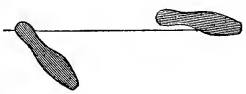

FIG. II.—POSITION OF THE FEET.

foremost. The reason for stating that so great a proportion of your weight should be thrown upon your left leg, is, to constitute it as much as practicable the centre of gravity of your body.

The left leg should be nearly straight. It should not however be stiff in position.

The right leg should be slightly bent, and the proportion of your weight which it bears should be thrown upon the ball of the foot.

Your body should be turned about a quarter face from your adversary.

This is in order that you should avoid making your

body more of a target for the blows of your opponent, than you can rationally avoid.

In moving your arms, remember that your body ought by the aid of your legs to move with them; and do not keep your feet in the same place, but move gently round your adversary, feeling for an opening to strike.

If these rules appear somewhat minute to the reader, let him remember that without a good and well balanced position he loses not only half of his capacity to avoid, dodge, or ward off an opponent's blow, but fully two thirds of his power in striking. This last depends not alone on his muscle, or the amount of knowledge he may possess of the use of his arms, but in a very great measure upon the ease, precision and strength of his attitude. In a word the leverage of his power depends upon his feet. We are sorry to differ so widely from the old school of Boxing, yet are willing to be termed radical in this case, as our position, practically speaking, is infinitely the better one; for instance, you must throw the centre of gravity on the left foot before your blow reaches your opponent; then, if that is the case, why not have it there all the time, if only to give celerity to your motions, and at the same time relieve your right (in a measure) so that you may retreat with ease should necessity require it.

Archimedes demanded a fulcrum for his lever that he might be able to move the world. Rightly using the leverage which nature has given him, the Boxer may not be able to emulate the Utopian wish of the Greek, but will at all events give a blow treble the weight, and with an impetus which he might not otherwise do.

Such a result is, to say the least of it, extremely desirable. Therefore is it that we have laid so much stress upon the position of the legs and feet. Let the student in the physical science of Boxing by no means neglect to give it a corresponding attention.

THE HEAD.

A MAN without a head could by no possibility become a Boxer. The same negative would be also implied by the absence of the arms, or a corresponding deficiency of any other member or members of the body. Such an implication, however, would have to be accepted with a wide difference. Legs or arms may be and have been supplied by the surgical machinist. Perhaps the last of these may not at present be perfectly able to perform all the duties, demanded from the realities by the scientific Boxer, but in the continuous progress of all positive manufacture, we have no right to presume that its competency will be forever an imperfect one. Should it ever be perfected, the blow from an iron clenched hand, delivered as it might be, would be so decidedly advantageous to the man who gave it, that if that point of

completion were reached in our time, we might not be unwilling to undergo amputation for the purpose of replacing the amputated member with a much harder and more rapid hitter.

With the head it is decidedly different. The wildest vision of the most inventive genius, or the highest effort of mechanical ingenuity, can never succeed in supplying or replacing the loss of that most valuable member of the body.

Therefore is it that we propound it as a positive necessity that a Boxer has quite as much necessity for a head as a politician.

Nay! in nine cases out of ten, at the least, he has more.

But for the eyes in that head he would be unable to detect the vulnerable points left open to him, by his adversary. He would be open to attacks, which, because unexpected, he would be unable to foil; he would, in a word, be liable to continuous punishment, without the possibility (save by a fortuitous or chance blow,) of in any way returning it.

But for the brain in that head, he would be unable to originate a mode of attack or conceive a plan of defence.

For these reasons do we strongly recommend our pupils, as we advise our readers, to look after this very important organ.

The rules for its position are very simple.

It should be well poised upon the body. Its position should neither be too rigidly nor too loosely maintained, so that it may be rapidly thrown on either shoulder to avoid, if possible, a blow which may be wickedly aimed at it, by an opponent who is disposed to close your eyes or to otherwise deface your frontispiece.

The chin should be inclined in, but not too much so —this inclination must be slight.

The teeth should be closed firmly, but by no means too tightly.

This, by the bye, is not only a physical but a mental necessity. How can you suppose any energy, be it physical or mental, in a man who keeps his mouth open, as if he were disposed to trap flies? A man with an open mouth—not with one that opens occasionally, but one that is open in grave circumstances: (and what circumstance can be more momentarily grave than a possibly proximate thrashing) is an indubitable simpleton. Let no simpleton imagine that he can become an accomplished Boxer. Brain is as necessary to pugnacity in any shape as it is to pacific progress in life. General Grant and J. C. Heenan may be examples, widely different in position and degree, yet both of them (we state this fact with regard to the first simply

upon report, with respect to the last upon intimate personal knowledge,) may be considered tolerably well endowed with brain.

The eyes should not be too widely open. They should, however, as with the foils in fencing, be directly fastened upon those of your antagonist, with the purpose, if you are able to do so, of divining his plan of attack. Let the reader however be warned that the eye is often, too often, an unwittingly treacherous servant. As you may be able to divine his purpose, by observing the eyes of your adversary, it might happen that he would be able to divine yours. Therefore we would recommend you, as much as possible, to discharge all active expression from your eyes. An opponent of average skill and strength, can always, unless opposed to one much his superior, ward a blow successfully which he supposes beforehand is about to be made. The direction of the blow you purpose should consequently never be evinced by the eye.

The eye as much as possible should be one third closed, as a person can look steadily at an object for a much longer period thus, than with his eyes wide open.

THE BODY.

OF the body there is much less that need be said than of either of the members that are attached to it. This is not on account of its not being an exceedingly necessary component portion of the animal structure of the Boxer. In fact it may be affirmed to be an indispensable portion of the pugilistic figure. Like the Regimental Sutler, it may be of little use when the actual fighting begins. Nevertheless it is a positive necessity to the man who boxes as is the Sutler to the Regiment that would fight. Perhaps it may provide nothing while it consumes everything. The Sutler, it is true, does provide something, but generally contrives to consume much more.

Unlike the Sutler of a regiment, however, who generally contrives to keep out of the way of all fighting, the body of the Boxer is bound to be present in his society when hard blows are current. Very generally,

also, it *takes* a number of them; invariably so, when the members have not been trained to do their duty, without the capability of individually testifying its gratitude.

Unfortunately, no advice can be given to the reader by which his body can avoid a blow. It has, however, been introduced to good allies in the shape of its own legs and arms, or at any rate, the method has been indicated to those members by which they may ally themselves with it in a manner as advantageous to themselves, as it can be to the body. Should they fail to profit by this advice, we can only say that their failure will be no fault of ours. Having explained to them their duties, or being about to do so, we shall leave the matter entirely to them and their interest. For it is manifestly their interest to save the body from being whipped, as they may perforce be dormant partners in its results, although during such whipping they may have been active partners.

However, a little advice may be given to the body.

In taking your position, the body should be placed in such a manner as not to render it irksome to the Boxer. In other words, the chest should be inclined the least particle forward, while as the arms move, the body should also sway with them, for the sake of easing the muscles of either leg.

By paying attention to this, the body will to a certain degree assist its members in their work, and do something towards balancing the account between them; an account, which, by the by, it may very admirably adjust after the work is done.

SPARRING.

AVING laid down the foregoing rules in regard to the position of the limbs and general attitude of the Boxer, we now come to the practical part of the science.

Few individuals are there to be met with, who know how to spar well and thoroughly. As few are there perhaps, who know how to write for publication. Perfectly willing as we are to acknowledge our comparative inability as to the latter, it would be worse than mock modesty for us to profess an ignorance of the first. On the contrary, having some knowledge, as most Professors of science themselves admit, of sparring, it is believed that it can be placed intelligibly, in this little volume, before the mass of those who may believe their time will not be lost in teaching themselves the practical utility of the muscle which nature has given them.

Should we be able to do so, they will in all legitimate cases be enabled to use it for self-protection, and in rarer ones, as we sincerely hope, for the punishment of others. Our endeavors will be mainly to simplify the science, so that the plainest intelligence may understand our meaning.

In the rules already given for position, it is believed that we have succeeded, and that our readers are at present thoroughly conversant with its elements, as thoroughly as they could be after having had a series of personal lessons; if so, they are now in a condition to learn the blows.

There are only seven blows, which will be denoted by their numbers, as 1, 2, 3, 4, 5, 6, and 7. No doubt can exist that it will appear strange that there should be so few blows in the science of Boxing. But there are no more than seven notes in music. The palette on which the painter spreads his colors contains only seven. But of what a multitude of combinations are not tone and color susceptible. How numerous are the variations and hues which may be wrought out of each of them; with what a skill can the painter and the musician blend them into harmony and tint. When the old Greeks gave their marble glories to the world, they were contented with three orders of architecture. The Romans afterwards added

to these two bastard orders, the Tuscan and Composite. It would be only fair to presume, that in those days, no budding architect grumbled about the poverty of architecture, although afterwards the Norman and Gothic styles were added. But how infinitely have these orders and styles been modified! How incongruously in some cases, and how grandly and exquisitely in others.

Why then should you consider it strange that Boxing has no greater variety?

In practice you will find that the science must, as all other sciences do, complicate itself. But simplicity is the primary motive. The man who can be most thoroughly simple from knowledge, is the only man who can complicate with safety. Bear this in mind in everything you study; politics, war, boxing, or any of the thousand arts or sciences of peace. Moreover, the reader will be shown in the following pages, that these seven blows will command all the vulnerable parts of the body, pre-supposing that they are not parried. Our present business, however, is how to strike out and not how to ward.

BLOW NUMBER ONE.

HIS blow is more generally employed than any other. Therefore we shall endeavor to be very plain in the description of it, and desire the reader to give this his close attention.

It is struck at the right side of the face, with the left hand.

The nose being the centre of the face, the range of the effect of this blow extends over the whole of its right from the eye and nose as far as the right ear.

To deliver this blow with anything like effect, you must keep yourself cool. Determination is always cool. Your opportunity must not be anticipated. It must be watched and waited for. In nine cases out of ten, patience when allied to a fair proportion of science is a great Boxer. Remember that in no case should your hand be delivered at random. This can, by no possibility, be of the slightest advantage to you;

on the contrary, it must waste your strength. Consequently, if persisted in, it is certain to result ultimately in rendering you up an easy prey to a perchance feebler, but more wily and astute opponent.

When you are sparring, and intend to deliver this blow, you must wait until you consider that you have got in distance. When satisfied of this, throw the

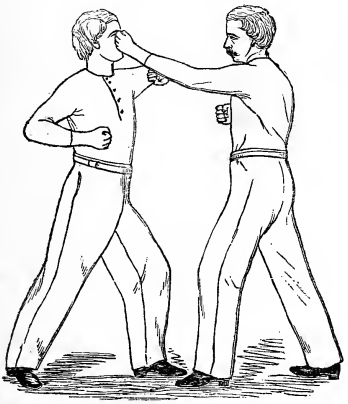

FIG. III.—BLOW NUMBER ONE.

whole weight of your body upon your left foot. Then, as quick as you possibly can do so, (think of the Yankee's pet idea of the "greased flash of lightning,"

and try to emulate its rapidity; dart out your left hand, in the manner shown in the cut, right upon your opponent's face.

Whether parried or not, your position must be recovered as speedily as possible.

Should it chance that this blow should not be parried by your antagonist, and if you have calculated your position rightly, you will generally find it a highly satisfactory one. It will also, in ordinary cases, impress his mind with a profound, and to yourself most gratifying respect for your capability as a tolerable sure and hard hitter.*

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* Says a writer on this subject, "Remember that there are two golden rules for a Boxer, namely: hit straight and keep your temper. Fail in either of these requisites, and you will probably come off second best; fail in both, and you will certainly do so. Listen to an account of a battle where strength and weight and anger were overmatched by skill and coolness :—'As the assailant rushed in he ran a prominent feature of his face against a fist which was travelling in another direction, and immediately after struck the knuckles of the young man's other fist a severe blow with the part of his person known as the epigastrium to one branch of science, and the bread-basket to another. This second round closed the battle.' So we say again, keep your temper and hit straight. You see a circular blow takes more time to deliver than a straight one, and if your opponent swings his arm round at you, while you dart out your own fist at him, your blow will have taken effect long before his clumsy attempt has completed its journey."

BLOW NUMBER TWO.

THIS is precisely the same blow as the last one, save that it is delivered with the right hand on the left side of the face.

Owing to the necessarily greater change in position in giving it, the manner of its delivery is widely different. Neither can it be given as a leading blow, as blow Number One can be. This is for the simple reason, that as the position of the body and legs throw the left side forward, the right arm is made some six inches shorter than the left in its reach. Hence, you invariably lead off with your left, and follow it, if a chance is afforded you for doing so, with your right hand.

In making this blow, you must of necessity turn your body, bringing it to a full front towards your adversary.

Your right shoulder must be raised, so as to draw

your right hand on the same horizontal line with it, about three inches from the nipple of the right breast. Then looking at your man steadily, your right hand must be darted out directly at the left side of your opponent's face.

FIG. IV.—BLOW NUMBER TWO.

At the same time your left hand must be drawn back, so that should you find it desirable, you may repeat the operation.

At a cross-counter or in fibbing, the right hand is the more destructive of the two; this arises from the greater precision and strength which that hand, arm and shoulder generally possess. Here, however, I shall not pause to explain the cross-counter or fibbing, as it is my desire to bring the blows before you in rotation, and to make you clearly understand the parts they are aimed at, their mode of delivery, and their effect. In the action of giving this blow, your right leg should be bent forward. Your right knee has also to be brought nearly upon a level with your left one. The heel of your right foot has also to be raised from the ground, and the whole force of your spring will be consequently centered in your right toe. If the advice which we have given in the description of Blow Number One, respecting the waiting and watching an opportunity for your delivery, is not here repeated, it is because, in nine cases out of ten, the inculcation of patience, by precept, is worse than useless; it has to be acquired by practice. One failure and its results would do more to imprint its necessity upon a student of the art of self-defence, than any amount of exhortation. Rules may be taught by inculcation, but qualities of mind trenching in any degree upon experience must be practically acquired. In a word, the knuckles of an adversary, if effectually tried as a rebuke to your

impatience, would do far more to imprint the necessity of its converse upon your memory than any amount of verbal lecturing. You will be a lucky man, if you manage to escape so forcible a means of being taught physically the value of patience.

BLOW NUMBER THREE.

THIS blow is aimed at a lower portion of the human figure, being intended to take effect on the pit of the stomach, and is delivered with the left hand. In executing this blow, you should appear to be sparring with an intention of giving blow Number One. Instead of making the last mentioned blow, you should, however, rise on, or spring with your right foot with such an impetus as to throw the whole of your weight upon the ball of your left foot, at the same time darting your arm in a downward direction at its mark, the pit of the stomach. You should assist your left hand in making this blow, by the management of your right. It should be thrown out about two thirds of its length. This must not, however, be in a direct line, but across the body, slanting in such a way that it would range about six inches directly above the left wrist. Your right elbow being elevated to a level with your mouth, with the muscular side of the arm turned

towards your antagonist. The object of this will be readily apparent.

It is an effective ward against any blow which might be aimed at your face by your adversary. It would be needless to say that whether you make an effective

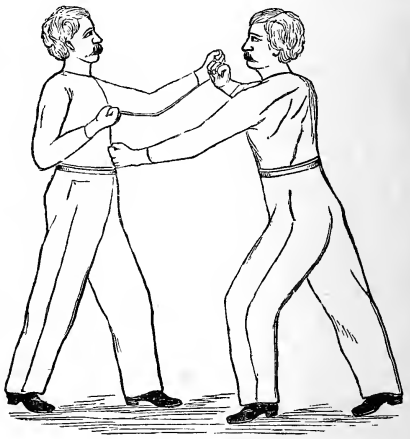

FIG. V.—BLOW NUMBER THREE.

blow or not your position should be rapidly recovered. If effectively and strongly delivered, this blow will be a decided teazer.

BLOW NUMBER FOUR.

THIS blow is given with the right hand, and should be directed at the left side of your opponent's ribs.

When well put in, it is a terrific one, and when given with your full strength, in a serious contest, may decide the event of a battle. In any case, if it be fairly delivered, there can be no doubt of its seriously embarrassing your adversary.

To make this blow, after sparring for an opening, your left hand should be thrown out with tolerable strength, as if you purposed delivering Blow Number One. This will naturally cause your adversary to throw up his guard. When you are making this feint, your right hand should be well drawn up; then swing around with your whole force, letting your body go with it, to lend all its weight to the blow as in Figure Number VI. In the action of striking, your left arm should be extended level with your face, being bent at

the elbow, to a right angle, with the muscular part of it turned outwards.

This is for the exceedingly sensible purpose of parrying a simultaneous blow at your face from your adversary, or guarding against the possibility of a return, which he might not unreasonably be disposed to favor you with, in the event of your blow being a

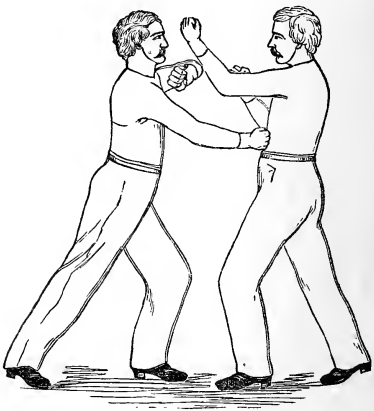

FIG. VI.—BLOW NUMBER FOUR.

failure either in strength or reach. As nothing in this world is certain, as "*L'homme propose et Dieu dispose*," you ought to be prepared for all chances.

Prudence is, to the full, as great an element of success as patience. Therefore when intending to reach your opponent's ribs, take a special care of your own eyes and nose.

A rapid recovery of your position, after the attempt or success of this blow, is absolutely necessary.

BLOW NUMBER FIVE.

THIS blow is a precise duplicate of the preceding one, only given with the left hand, upon the right side of your antagonist. Being an awkward blow, it is rarely much practised by men who are well versed in the science of Boxing; although we have occasionally seen it delivered with thorough and telling effect, and might, possibly, at a peculiar moment, be induced to administer it. We are all of us more or less subject to temptation. An inviting chance might open upon us. It is perfectly absurd to refuse availing one's self of it.

As in the preceding blow, you spar for an opportunity; should you have determined upon trying it, when it comes you seize it, and swing out your arm half round. This blow must be given with your hand in such a position that your thumb will be uppermost.

The hand must also be slightly bent at the wrist, so

that your knuckles may be brought to bear upon your adversary's ribs with good effect.

Your right arm should be thrown up level with your face, bent at a right angle from the elbow, for a similar purpose to that which the left arm fulfils in Blow Number Four.

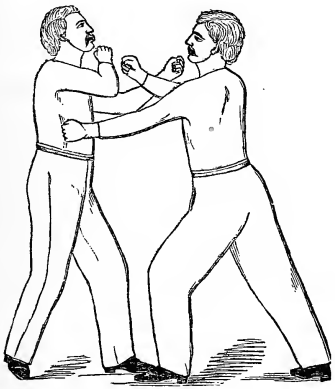

FIG. VII.—BLOW NUMBER FIVE.

Should we by any chance be induced to employ this blow, it would almost invariably be as a counter, (the mode in which we have hitherto used it,) that is as a return for the attempt led off by our opponent, with his

left hand at our face. Even then it would be a species of mongrel, crossed between blows Number Three and this one, and could scarcely lay claim to the number given it in its genuine character.

After this, as in the preceding blows, the position must be at once recovered.

BLOW NUMBER SIX.

HIS blow is struck directly at the centre of the face, commanding the chin, throat, nose, and both eyes.

It is delivered with the left hand, and may be considered in most cases a delightful blow, when instead of being the recipient, you administer it.

In giving this blow, you ought to raise yourself upon the balls of both feet, at the moment in which you dart out your left hand.

Your right arm should be thrown across your body, to guard yourself as you are striking, while your right hand should be raised some four inches from and above your shoulder.

This blow is very effective, although by no means so generally employed as Blow Number One. In some cases it might, however, be preferable.

Indeed, each particular blow will be, at times, a

highly advisable delivery, whatever may be its relative excellence when compared with others.

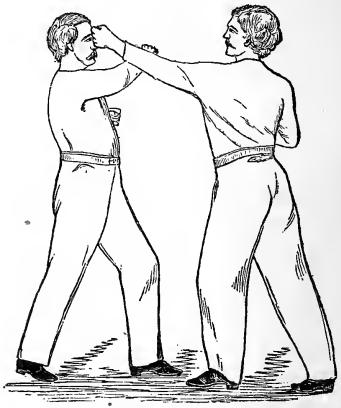

FIG. VIII.—BLOW NUMBER SIX.

As after the preceding blows, so, after your attempt to administer this one, it is scarcely necessary to say that your position should at once be recovered.

BLOW NUMBER SEVEN.

THE seventh and last blow is an *upper cut* with the right hand. This is seldom or never given as a leading or principal blow, but is mostly delivered when your opponent has led off with his left hand. In giving this blow, his body is of necessity thrown forward and he is thus left open for retaliation, which by this means you may administer to his great personal discomfort, and with a decided advantage to yourself.

To give this blow properly, you ought not, should it be possible to avoid it, to drop your hand behind, or on a level with your hip. Your right hand should never sink so low as this.

When you have any intention of availing yourself of this return, wait until you see your opportunity, and then draw back your elbow as far as you can, somewhat sinking your right hand.

In giving this blow, your whole strength must be thrown into your arm and shoulder, and you must strike out with a semicircular motion upwards, making the face of your antagonist the focus of your blow. We need again scarcely impress upon you, that your recovery of position should be as prompt as possible.

It may be observed by the reader that we have in

FIG. IX.—BLOW NUMBER SEVEN.

every case insisted upon the necessity of an immediate recovery of the primary position. You must sooner or later learn to appreciate this paramount necessity.

Otherwise the propriety of doing so, may be practically imprinted upon your mental faculties by the unpleasant physical results consequent upon a neglect in this respect. Good generalship in struggles of every kind must follow the one rule of guarding against every means of attack. It is not enough to be able to put in a telling and vigorous blow, unless you can prevent an immediate retaliation which might by some unforeseen chance be even more telling and vigorous. Should it be so, the result of your successful blow might be a severe personal punishment. Fabius Cunctator, also called Fabius Maximus, the Roman Consul who beat the Carthaginians, may be cited as a grand example of the results of caution and preparation.

Had the Romans in this time possessed newspapers, we feel convinced that the war correspondents of the day would have left him no peace in life, always provided he cared for the pin-pricking of journalistic abuse. Fortunately for him, he probably knew nothing of what was said of his proceedings until he had finished his work.

Hoping we have thus laid down the offensive means of operating upon an adversary, more clearly than any professor of sparring has done up to the present time, we now come to the mode of defence, or of parrying and warding off blows. This, let us observe,

is quite as necessary to study as that for which we have already given the rules. You have to damage an adversary, and also to take care of your own face and body. The last is quite as important a part of the study of the scientific art as the first.

PARRYING.

IF you wish to parry a blow effectually, first know what your opponent is about to do. This is a paramount necessity. For this purpose your eyes should be fixed upon his, with the object of divining his intentions. It will be no use to look at his hands or his shoulders. His head determines what he means to do. His eyes may or may not be early tell-tales, but sooner or later you will be able to form a shrewd guess at his purposes, from the persistent endeavor to read them. A hard rap or two you may encounter unexpectedly in your search after knowledge. This, you will find all the better. Your brain will be practically cultivated, and practical cultivation is one of the few things that man never forgets, while he retains any degree of mental and physical power. Having given you this bit of preparatory ad-

vice, we shall endeavor to describe the parries as plainly as we have done the blows.

As there are seven blows, so there are seven corresponding parries, although some few of them have variations which will be pointed out as we come to them.

PARRY NUMBER ONE.

IN this parry your right arm should be thrown upward and outward.

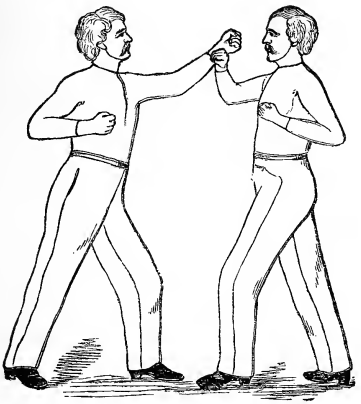

FIG. X.—PARRY NUMBER ONE.

By this action you will catch the arm of your opponent with the inside of your wrist.

This must not be done with a violent jerk, although it should be effected so quickly that when you catch his arm the motion should be continned in a semi-circle. By doing this, his arm is thrown from its direction or point of aim.

As soon as the parry is effected, let your arm return to its natural guard, or in a word, let your primary position be resumed as rapidly as possible. Let us also impress it upon the mind of the reader, as we invariably endeavor to do upon those of our pupils, never, if possible, to catch a blow upon the arm. Such a parry must necessarily cause an injury to the part receiving the blow, and may not improbably render it less capable for administering future punishment.

PARRY NUMBER TWO.

THIS parry is a similar one to the first which I have described.

It is effected, however, with the left arm, and parries the blow given with the right hand.

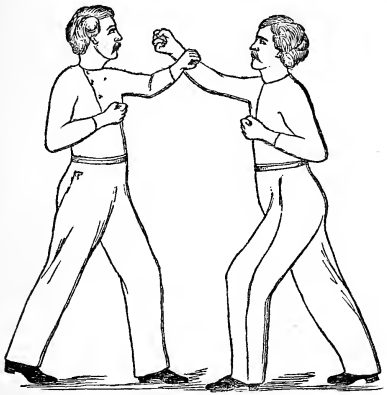

FIG. XI.—PARRY NUMBER TWO.

As the left arm is more in advance of you than your right one, the inside, or muscular portion of it, should be turned towards your opponent, catching his arm on your wrist in the same manner as in the preceding parry.

Then throw his arm from its point of aim, and immediately return to your position.

PARRY NUMBER THREE.

THIS parry is a guard for the pit of the stomach, and may be effected in three different ways. It would be needless to say that I leave the choice of the manner to your own discretion and ability.

Firstly, you may effect it by dropping your right arm with sufficient force, speed and adroitness. By this means your wrist will break down the blow, and your adversary will find it difficult immediately to recover his position, which may enable you very satisfactorily to imprint upon his person and memory the necessity of more discretion in his delivery.

Secondly, the blow may be rendered useless to your opponent, by a rapidly retrogressive step while you parry it with a similar action, with your left arm.

Thirdly, should you entertain a strong desire for immediate and effective retaliation, you may drop your right arm so that it shall be nearly at right angles across and in advance of the pit of your stomach. At

the same time, while you are in the action of receiving the blow, bend your knees a trifle forward, and swing your body half round towards the left, drawing your left hand up to your left shoulder,

This will cause your antagonist's blow to glide harmlessly from you to the left, while it will bring his face in a direct line with your left hand. Feeling that we need scarcely explain the purpose for which it may be

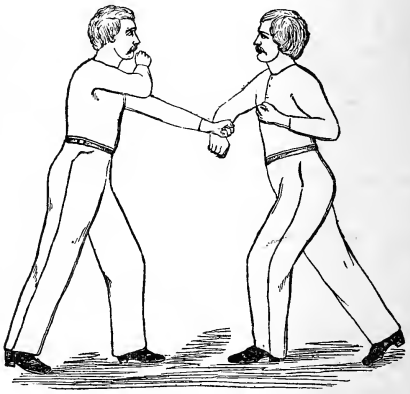

FIG. XII.—PARRY NUMBER THREE.

used by an apt pupil, we leave it to that desire which, we have not unnaturally presumed, you may entertain, to dictate the employment you may put it to.

PARRY NUMBER FOUR.

THIS is a difficult parry to accomplish neatly and satisfactorily, from a blow which we have always had a most decided objection to receiving either upon the arm or on the body.

Endeavor to recede from the blow by a sudden movement, if you can possibly do so. Recession, in this case, would not be cowardice. The truth is that this kind of recession is desirable from every blow which may be aimed at you, but more especially is it desirable from this one.

To stop the blow for which this parry is intended, your left arm must be dropped on your left side, your elbow should be a trifle back from your hip, the forearm being raised to an angle of forty-five degrees. Or the blow may be parried by a rapid downward and outward movement of your left arm, catching your oppo-

nent's wrist with the inside of yours, and throwing it off from you as in cut Number Four.

In the battle between Harry Broome and Harry Orme, Broome was very nearly defeated by the blow to which this is the necessary parry. It completely doubled him up, and for a round or two after receiving

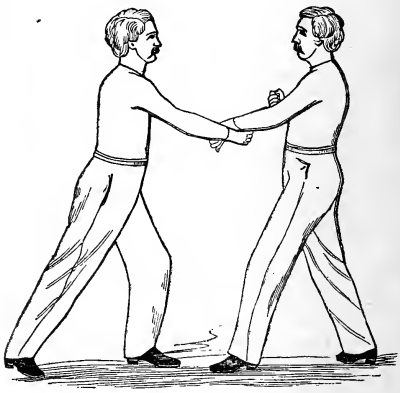

FIG. XIII.—PARRY NUMBER FOUR.

it, he looked decidedly serious. Jemmy Massey made an especial favorite of this blow, and won the greater number of his battles by its judicious application.

PARRY NUMBER FIVE.

HIS parry is for the purpose of warding the similar blow on the opposite side of the body. It is much more easily effected. To do it, your right arm must be dropped down sharply with a semi-circular motion from the left breast to the right hip.

At the same time it would be quite as well to draw your left hand up to the shoulder, as you may possibly be tempted to reciprocate the complimentary attention of your adversary.

Be careful in your parry that it be not too rapid; for should it be so, you might meet with a decided failure, and expose you to a singularly unpleasant reception of the consequences of your too great haste. Indeed, we would seriously impress it upon the mind of the reader, that too great haste in parrying is as fatal

an error, as too little speed in striking. Begin slowly in practising both blows and parries. The necessary promptness in either will be the result of practice when

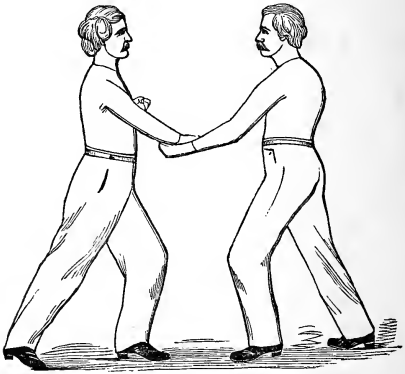

FIG. XIV.—PARRY NUMBER FIVE.

you thoroughly understand the intention of the blow, and the necessity of the parry.

PARRY NUMBER SIX.

THIS parry is designed to guard the centre of the face from the blow with your adversary's left hand.

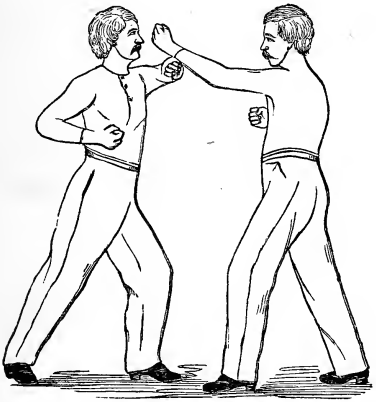

FIG. XV.—PARRY NUMBER SIX.

It is very often effected with either arm. This, however, is a mode of parrying the blow, which is more

ordinarily employed by skillful professors in the art of self-defence; and as the legitimate parry is simple as well as effective, it is requisite that you should thoroughly understand it.

Your right arm should be thrown up in a horizontal position, parallel or level with your chin, while your left arm should be laid upon the top of your right, with its muscular position turned outward, as in Figure Eleven.

PARRY NUMBER SEVEN.

THIS is the upper cut parry.

The left arm must be raised at the elbow, to very nearly the level of the shoulder, with the fore-arm lying at right angles across the body, some six or seven inches from the breast.

Your right arm should be laid within the line of your left.

By this means the upper cut will be caught on the muscular portion of both your arms. Let us, in concluding this portion of our treatise on the art of protecting yourself and punishing your opponent with the weapons which nature has given you, urge you to remember that it is even more desirable to learn how to parry, than to strike efficiently. All men who are not totally deficient in courage, can strike tolerably well. Always presupposing that they have muscle, any blow delivered straight forward with an adequate amount of

momentum, and a fair proportion of pluck, will, should it take effect, be productive of considerable inconvenience to the individual who may receive it. To dispense with the reception, however, of any blow, is a totally different matter. For this, whoever may be the assailant, whether he be skillful or not in hard

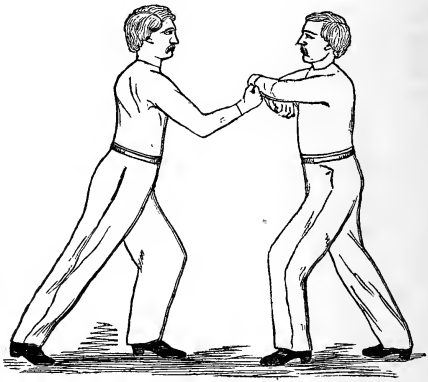

FIG. XVI.—PARRY NUMBER SEVEN.

hitting—whether he can fight a stand-up battle or is only addicted to skirmishing—some amount of acquired knowledge, (and the more the better) is absolutely necessary.

Think well, then, of this. Remember that Hannibal struck hard, Scipio parried well, Marius had any amount of dash, but Sylla was notorious for his caution. Francis the First was a perfect master in his attack, but Charles the Fifth was literally sublime in his style of dodging a hard blow; or, to come down to later times, while Napoleon the First was a smashing hitter, Wellington knew both how to ward, and to take his time for striking out. With such illustrious samples of prudence, which might be multiplied to almost any extent, it would seem that further instructions would be not merely a waste of time, but an insult to the reader, whom we naturally conclude not to be destitute of brain. Let us therefore conclude this branch of the subject.

FIBBING.

THIS is effected with one, or rather with both of your hands, and as a fanciful, although by no means elegant mode of punishment, is entitled to a pleasant consideration by the practical Boxer.

Soyer, or some other great cook, enjoined as a preliminary to skinning your eel, "first catch him;" we would bid our reader first to get in close to his opponent; indeed as close as possible. After achieving this indispensable necessity, then catch him round the neck with one arm, forming a kind of hook with your arm and hand. This should be the left arm. After securing his head in this position you may pound away upon it very pleasantly, with the other occasionally changing.

It will be altogether needless to say that we are referring more particularly to *your* pleasure, than that which your opponent may enjoy during the operation; as singularly enough this affectionate fashion of bestow-

ing your favors, seems scarcely so agreeable to the recipient as it may be to yourself. In spite of his dislike, this may however be persisted in, either in the Prize Ring, or in a personal "scrimmage," whenever you have an opportunity for paying him such a delicate attention. If handsomely done, it will by no means improve his beauty, as it is tolerably certain to impair his temper.

THE CROSS-COUNTER AND FIBBING.

IT is, however, necessary, in pointing out the various means of effectually annoying an adversary or taking care of yourself, to allude to two of the former which have not been previously noticed. These are the Cross-Counter and Fibbing; the last of which is very frequently practiced in the Prize-Ring, and may occasionally, in a close row, not be a disadvantageous accomplishment to the amateur Boxer.

CROSS-COUNTER WITH THE RIGHT.

This blow is a very effective one, although it may scarcely be reckoned among the seven principal blows. It nevertheless possesses many advantages, and deserves thorough and careful study, as it puzzles a left handed sparrer considerably. He is unable to strike you with his left hand without insuring himself a return.

This return must have nearly double the force of his blow. The reason of this is, that by executing this blow properly, you will cause his left hand in blow Number One to pass over your right shoulder, while your right hand leaves its undoubted mark either upon his neck, or the side of his face.

To deliver this blow properly, you must be in no hurry to strike out, but wait until your adversary has done so. On the instant that you see his blow coming, throw the whole of your weight upon your left foot; bring your right hand up to your right shoulder, and drop your head a little to the left. Your blow must be thrown outside his, but cross over it.

By this means it will catch him upon the side of the face.

This blow may be given with the right hand on the side of the ribs, instead of the side of the face; but in this case it would be a hybrid between blow Number Four and a Counter. Still, like the genuine counter it is a remarkably uncomfortable blow, and has checked the ambition of many an aspiring youth, convincing him more thoroughly than the most sagacious argument you could advance, that boxing cannot be entirely mastered in a day; that the philosophy of a Hamlet is not invariably that of a Horatio; and that a counter may count unpleasantly against him upon the winning

side. It would be unnecessary to point out that a cross-counter with the left hand is almost identical with that with the right hand, although scarcely so efficacious a blow, and for this reason by no means so desirable.

GETTING THE HEAD IN CHANCERY.

OUBTLESS the reader may smile at the heading of this page, but permit us to state that should he ever find his own head in this beautiful position, he may find the laugh turned against him. If the reader doubts this, we would suggest that he get somebody already initiated to administer it to him, and if he does not find the result as above stated, we are greatly mistaken. There are two ways of performing this serious and oft-times finishing embrace to your enemy. The first of which is in more general use, and is given in the following manner. For illustration we shall use the left arm. You seize your adversary round the neck, with your left arm thrown over his right shoulder, which position brings you both facing the same way; having accomplished this, swing yourself round to the right, and stepping from your opponent at the same time with your right foot, bear him down by the neck till his head is on a level with your

heart. Then either grasp your left wrist with your right hand and compress your hold with all your might; or if you think you can hold him tight with the left arm alone, do so and strike away at the unprotected face that presents itself to you.

FIG. XVII.—CHANCERY.

The second of these chancery suits, was a great favorite with John C. Heenan, and practiced with telling effect in his pugilistic encounter with Thomas Sayers at their great international fight at Farnsborough, and which would have terminated with the life of Sir Thomas. if the referee had not compelled

Heenan to desist. We are also informed that *Bill* had *Sullivan* in this position, which would undoubtedly have gained him the *prize*, had not Sullivan persuaded him to let go, saying he would give in; and then he knocked Bill down for his simplicity. This second method of catching a man was also a specialty of your humble servant. We give it here as we furnished a description of it in a letter to a friend:

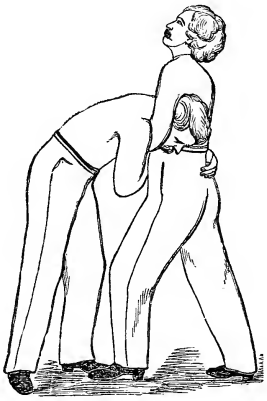

FIG. XVIII.—CHANCERY.

"At any time that I was at close quarters with an antagonist, and had led off with the left, which having missed its mark, and my left arm going over the left

shoulder of my adversary, I would avail myself of that opportunity to throw it backwards round his neck, at the same moment throwing the whole weight of my body upon him, till I brought his head down to his left hip; then I would grasp my left arm at the wrist and lift my friend from the ground, making his head my fulcrum. Thus throwing the whole weight of my opponent upon his neck, which is the next thing to hanging a man."

GETTING THE HEAD OUT OF CHANCERY.

THE reader will have more cause to smile if he succeeds in the heading of this, than being the recipient of the success of the last chapter. To

FIGURE XIX.—CHANCERY.

be able to extricate yourself from any difficulty, no matter in which way it may occur, is highly gratifying, but

more especially so when your head is in a vice, and you are in danger of strangulation. Therefore, having shown you how it is possible for a man to get into danger, we must of course, to the best of our ability, endeavor

FIG. XX.—CHANCERY.

to instruct him how to get out of it. The best, and we think the only effective counteraction to the first of these chancery difficulties, is to throw your right arm across and over his left shoulder, bringing the palm of your hand to the front of his face, and then press his head back with all your power, (*See Fig.* XIX.), which if you succeed in doing in time, that is to say before he

has you thoroughly in his power, you will not only accomplish your release from his ugly gripe, but will completely turn the tables upon your opponent, and perhaps give him a severe back fall.

We know of no positive method to counteract this terrific serpent-like embrace, when fully completed, yet have known the following effort to succeed when strength of limb and power of action have totally failed. The manner of performing this is easy of explanation and will occupy but a few words.

Turn to the instruction plate of this part, and you will see that by throwing up your left hand you can feel for the face of your adversary; then pass the palm of your hand against his nose, pushing it upward and backward. (*See Fig.* XX.)

Now we all know that the proboscis is a very sensitive organ, and the pain that this pressing will naturally give, will cause his head to give way, and probably will either make him break his hold or fall backward to the ground.

WRESTLING AS ACCESSORY TO BOXING.

WRESTLING is another, and in fact a very important branch of science, and for scientific purposes consists of "Side-falls," "Back-falls," and "Cross-buttocks." The latter is most generally in use, and is one of the most dangerous falls that can be given, and one from which splendid results oft-times follow. We shall commence with "Back-falls," and bring the others in rotation. We could cite numberless cases where men have been placed *hors de combat* by receiving the slightest possible fall. We seriously advocate its use wherever practicable. In preparing to give this fall watch your opportunity, and when about to close with your adversary, rush in and throw your left arm well round your opponent's waist. Your right arm should be thrown out at right angles, passing under the chin, your right hand resting near your enemy's right shoulder. The elbow should be parallel to it on the other side of the neck. Twist

your left foot round his right leg about the ankle, and try to lift it from under him and towards you while

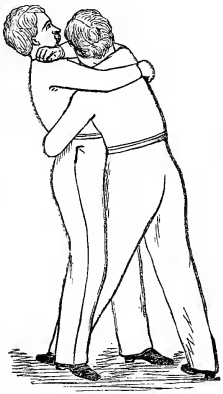

FIG. XXI.—BACK-FALL.

at the same time you pull towards you with your left arm, and push from you with all your might with your right arm and chest, and throw down your adversary if you possibly can. If you find you cannot accomplish it, break away from him immediately and *regain your position* at once. The manner in which we have described this fall may be varied according to the custom or the capacity of the practicer. For instance, if the pupil can accomplish it better and more naturally

by having the right arm under, and twisting the right leg under his bellicose friend, or in fact by a total reversion of this method, then in the name of the classic hero of the olden time, the great Achilles, let him do it, and let it be understood that in either of the other throws that we are about to explain, the same idea or plan is to be carried out.

SIDE-FALLS.

IN order to give the side-fall with effect, it, will be necessary for the pupil to practice with some friend. In fact all the exercises laid down in the book could be much more promptly learned if assisted by another pupil, and as each gained

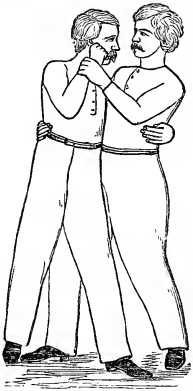

FIG. XXII.—SIDE-FALL.

an idea he could impart it to the other. We would also state, that this fall is invariably given when the

contending parties are in the act of "Fibbing," *i. e.* fighting in close quarters. Therefore, watching your opportunity when you are in a similar position, drop your right shoulder under his left arm-pit, throwing your right arm well around his waist, passing your right leg to its farthest extent across and behind him. Then, by a sudden lifting motion of the right arm, assisted by the right knee, raise your opponent off the ground, raise your knee as high as you can, then drop your arm and let your adversary fall backward to the ground, leaving it to your own judgment whether you fall heavily with him or not.

CROSS-BUTTOCKS.

THIS fall, as the preceding ones, is invariably practised in close fighting, supposing the pupil in position, watching an opportunity, which

FIG. XXIII.—CROSS-BUTTOCKS.—SIDE VIEW.

as soon as he thinks he has gained, he rushes in throwing his right arm round his opponent's neck.

Having accomplished this, by a sudden motion of

the body he swings around, turning his adversary across his hips, and then by a sudden jerk dashes him to the ground.

We will close our remarks upon the subject of blows and falls, by simply observing that it has been our invariable practice, either when sparring with the gloves or the bare fists, not to have any particular line of action or specific rule for our guidance, but to endeavor to circumvent the powers of the adversary

FIG. XXIV.—CROSS-BUTTOCKS.—FRONT VIEW.

and seize upon any opening that might occur. We would earnestly recommend that our readers should never make any particular "Blow or Fall" their specialty when practicing, but be ready for any opportunity that presents itself of delivering the one

or giving the other. There are numberless cases where men have totally exhausted themselves by futile endeavors to throw down their antagonists by main strength, turning this way, struggling that, all the time weakening their own physical system, instead of preserving it as long as they possibly could. Therefore, if you get into close quarters with any one, and find you cannot throw him, break away immediately and essay some other manœuvre; or defer the fall until a better opportunity shall occur.

"STRIKING THE BAG."

ALTHOUGH we shall use the Bag as an adjunct to training, yet not wishing to diverge from the subject when we mention it in our illustrations of exercises, we have thought it best to devote a special chapter to its explanation.

"Striking the Bag" is a very important acquisition to training. It teaches a person to stand erect, how to balance himself, and to acquire that graceful and easy motion of delivery, without which no one could by any possibility be termed a scientific Boxer. It is universally called a *Sand-Bag*. Nothing could be more erroneous, which anybody would find out were he to practice on one so filled. Therefore, let the student provide himself with a bag about three feet long, with a capacity of two bushels; fasten a stick across the top of it so as each end will project over the side of the bag, to which ends attach a couple of ropes fastened to a beam, or, what is still better, to two trees, as the last method will teach how to become used to manœuvring

on *terra firma.* The bag should be suspended in such a manner that the bottom of it will reach down about twelve inches below the level of the chin. And now, presupposing the pupil has got his sack fixed in its proper position, and that he is ready for the exercise, let him spar at it as though it were a real antagonist he had facing him. Strike out with the left hand with full force, and as straight as you possibly can, as though you were delivering Blow Number Six. Recover yourself, and on the bag's return meet it with your right and drive it from you. Strike thus alternately with either hand till you think you have received sufficient exercise.

The bag is an excellent practice to teach a man the use of both hands with great precision and effectiveness; a desideratum which is very much neglected by even professors, who think that one good punishing hand is all that is necessary. We have found *two hands* oft-times little enough, and have actually known instances where we could have given active employment to half a dozen.

We had nearly forgotten to state that the bag should contain about three-quarters of a bushel of oats, and the rest of the bag filled with hay.

INTRODUCTION TO TRAINING.

IT must not be for a moment supposed that training for a personal encounter, or the science of Boxing, had its origin with Figg, Slack, or Broughton, or even with the British nation. It has existed from time immemorial, and had reached that exalted position in public favor, that it was introduced in the twenty-third Olympiad (B. C. 688.) Gymnastics were the life and soul of the *Greek Festivals.* The Gymnasium was the school of art. Men came to gaze on the manly beauties of the athlete, the grace of his movements, his exhibition of heroic strength, and his beautiful physical development.

The first account we have of a regular fist fight, was between Astidamus and Herodotus in the Palestra of the city of Sparta, (B. C. 460,) and we are informed it occurred in this wise. Herodotus, though a stranger, saw a great many Spartan maidens, and being as great an admirer of beauty as most young men are at five-

and-twenty, he gradually formed the opinion that Chrysis, the daughter of Myron the Greek, was the handsomest girl he had ever seen in his life. Grace and loveliness were combined with a fine, commanding figure, befitting (as Herodotus thought) an independent Queen of a mighty empire. Now as our young traveller knew full well that no Spartan maiden might intermarry with a foreigner, he considered it perfectly right and justifiable to admire Chrysis; but once, after admiring her as usual, he chanced to look behind him, and there encountered the angry scowl of a young Spartan, apparently a year or two older than himself. "Young Ionian," said the Spartan, steadily, looking at him full in the face. "I am not an Ionian but a Dorian, like yourself," replied Herodotus. "Dorian of Persia," sneered the Spartan, "did you ever go inside a Gymnasium?" "I will engage with you whenever you please," replied Herodotus, very much irritated. "If thou art as good as thy word, young warrior, come with me to the Palestra," said the Spartan. Herodotus at once acquiesced, and though he looked with some concern at the extraordinary muscular development of his antagonist, and was himself out of practice, yet he remembered his former skill in the Palestra, and did not for a moment shrink from the combat. The Gymnasium was exactly like the one at Halicarnassus,

only on a much larger scale. A crowd of young men were practicing there, but the Spartan merely said, "A Dorian stranger wishes to have a trial with me in the Palestra;" and every one immediately proceeded to the spot, and in a few moments Herodotus and his antagonist were stripped and ready for the pugilistic encounter. "Shall we fight with the cestus or not?" cried the Spartan. "As you please," said Herodotus. Now the cestus consisted of thongs of leather, covered with knobs of metal, which the regular athletes were accustomed to draw over their fists and wrists, for the purpose of making their blows more severe. The spectators, who saw almost by instinct that the boxing match was merely got up to settle a private quarrel, interfered to prevent the use of the murderous gloves, and the Spartan reluctantly threw them on one side. In the first round Herodotus saw that he was no match for his more muscular and equally experienced antagonist. He could get no opportunity of planting a single blow upon the Spartan, and indeed it was as much as he could do to ward off the blows so accurately and powerfully dealt by his antagonist; while he felt that the superior powers of endurance which his adversary evidently possessed, would gain the day to a certainty. He now resolved to die like a Spartan. With one word to Zeus and one thought to his mother,

he awaited the fury of his antagonist. The Spartan's fists broke through his guards like sledge-hammers; but though aimed at his face they only fell upon his chest and shoulders. At length Herodotus grew bewildered and dizzy. His legs tottered beneath him, but he determined to stand fast to the last moment. A left handed blow from the back of the Spartan's fist just between the eyes of Herodotus, at last brought our hero senseless to the ground, and he saw no more. Spartan boxing had been too much for him. TRAINING AND PRACTICE had triumphed.

The Greeks, who, more than any of the ancients anterior to the Romans, taught the training of the body by gymnastic exercises, required a more severe course of discipline and practice for those who were to be *professional* than those who were merely amateurs, and indulged in it only for purposes of health and strength. The former were called *Athletes*, and the latter *Agonistæ*. The latter often contended at the public festivals. The difference of training required for the amateur and he who is fitting for a contest, is quite obvious. Gladiatorial feats were first introduced at Rome A. U. C., 488, by Marcus and Decimus Brutus, at the funeral of their father.

When first introduced they were confined to public funerals, and were afterwards fought at the funerals

of most people of consequence, and even at those of women. Hippocrates is said to have been the first to apply the exercises and regimen of the gymnasium to the removal of diseases and for the maintenance of health. Asclepiades, a Greek physician who emigrated to Rome, carried this so far, that he is said by Celsus to have banished the use of internal medicines from his practice; and this ancient savant carried the practice to such an excellent extent on his own physical system, that Pliny asserts that he lived for upwards of a century, and at last was killed by a fall down stairs. What a terrible fall for the adopted Roman!

Although Boxing was a barbarous custom in those days, it has been humanely ameliorated since. For in the classic days of Rome, when a gladiator was wounded the people called out, "*Habet*" or "*Hoc habet*," and the one who was maimed lowered his arms in token of submission. His fate, however, depended upon the will of the people, who pressed down their thumbs if they wished him to be saved, and turned them up if they wanted him killed. In concluding this introduction we would state that four things are to be particularly attended to, viz:

1. Cleansing the system from all dead and waste matter.

2. Taking away all superfluous fat, etc., by sweating.

3. A regimen that nourishes the body, and gives elasticity to the whole frame.

4. That daily course of exercise which expands the mind, and strengthens and hardens the muscles.

We had in this connection prepared some remarks on the theory and practice of respiration, and on the absolute necessity of keeping "in wind," as the professional phrase is, in all pugilistic and other manly sports, and how by pursuing certain methods pointed out by the physiologists they might be accomplished. But we beg leave to submit to the reader, in lieu thereof, some suggestions on the subject taken from the "New York Leader," and transcribed into these pages: "As has already been said, a man trains in order that he may on a given day or days exert for a certain time his muscular power to the utmost in a particular manner; the muscular system, then, is chiefly implicated in any athletic sports. The power which is to drive the muscles, as the power of steam drives an engine, is provided by the nerves—a fact much overlooked and but little discussed by those who write on this topic. There is also the circulatory apparatus which is to carry nourishment to the muscles and nerves by means of blood; the digestive organs which supply to the blood the elements of the food; and others whose function is to remove dead and waste matter, and to act as auxil-

iaries in various ways. In addition to all these there is the respiratory system, which purifies the blood by getting rid of the carbonic acid, and by assimilating oxygen; and this is before all necessary to life, and must no less necessarily be in perfect working order when any violent muscular exertion is to be undergone. The last mentioned fact is so obvious, that it at once engages the attention of those who devote themselves to training. No book on training that has yet appeared attempts to give a physiological account of respiration. Let us consider briefly what we mean by a man out of breath, and in breath. The amount of air that may be in a man's chest at one time or other may vary considerably. First of all, there is a certain quantity which is always there, which we cannot expel by any effort, which remains there even after death. To this the name of residual air has been given, and it has been supposed to average in quantity some one hundred and twenty cubic inches. Next, we have a still larger quantity, which by an effort, after an ordinary expiration we can expel, but which we do not expel in an ordinary expiration. This is estimated at one hundred and thirty cubic inches, and has been called the supplementary air. These two qualities, the residual and the supplementary, remain permanently in the chest when we have done breathing out; they form the

chief portion of the air which is at any time contained in the chest, and from their permanence they have received the name of resident air. Then we have the ordinary inspiration and expiration, which is set down at twenty-six cubic inches; and lastly, there is the quantity which we can add to all the foregoing by a violent inspiration. This is termed the complementary, and may be about one hundred cubic inches. The four volumes, the residual, the supplementary, the breath, and the complementary, will according to this estimate amount to three hundred and seventy-six cubic inches. Now it is the resident air—the ever present residual, and the almost ever present supplementary, which is alone concerned in the purification of the blood in the supply of oxygen, and the reception of carbonic acid and vapor. The air of ordinary respiration, the breath, does not at once reach the air-cells, or even the smaller air-tubes. Its presence would be injurious to health and even to life. If it ever chances to get down too far, it makes us cough. There is a progressive intermixture of the fresh air and the resident air from without, inwards, so that the whole process is gradual. The resident air, then, is the source from which the blood derives its oxygen and into which it exhales its carbonic acid and vapor. The advantages of this it would be superfluous to dwell upon here;

the action on the blood, instead of being perpetually fluctuating, is continuous and uninterrupted; we are protected against any sudden invasion of cold, hot, or impure air; the air-cells, also, instead of being alternately empty and full, are kept always full, and in this way keep up an equable pressure on the vessels. For these and other reasons we do not breathe to the bottom of our lungs at every breath, but retaining always some two-hundred and fifty cubic inches of residuous air, we gradually renew and change it by breathing, by inspiring some twenty-five or twenty-six cubic inches of fresh cold air. This is the normal state of a man not taking any violent exercise. So soon as action begins, so soon as he begins to run or row, his circulation is quickened by the rapid muscular movements, the blood is sent into his lungs at a vastly increased rate, and consequently there is an increased demand for air. Now the novice, when he begins to run, commits the grave mistake of breathing out his resident air; in order to command for a deeper inspiration, he reduces his resident air greatly, and he is not able to replace it by the atmospheric air, which is too oxygenous and too cold; so he gets out of breath, and if he cannot by degrees recover a certain proportion of that which he has lost there is nothing for it but to stop. The more experienced man, on the contrary, endeavors to keep all

he has got, and to add to it by intruding on the complementary space. When he has replaced the small quantity which at the commencement of the muscular action he may have lost, and when he has raised this beyond what it was at starting, by taking in the complementary air also, he is said to have got his "second wind," and he can then go on comfortably for a long period. He tries by practice to attain the art of holding his breath and adding thereto—not the faculty of strong and deep expiration and inspiration. His object is to increase the capacity of his chest, to fill it fuller and keep it full; so that the phrase so often heard in racing stables when a horse is said to have "taken a gentle pipe-opener," is singularly incorrect, and we should rather try to shut our pipes and keep them shut, or we shall soon arrive at the stage when a man is seen gasping for air literally like a fish out of water. So far we have spoken more especially with reference to running. The muscles concerned in propelling the body in this way do not interfere with those of respiration; so that the runner can by practice and care command the latter thoroughly, and run without distress for long periods and distances. But the muscular actions in rowing are altogether different. A great number of the important muscles of the arm are inserted into, or take their origin from the walls of the

chest, and that these may act with full power it is necessary that the chest should be firmly distended with air, that it may support a great pressure; just as we fill our chests with air when we are going to lift a great weight, and retain it during the effort. We cannot then control our respiratory muscles while rowing as we can when running: we must at each stroke fill our lungs full, for the benefit of the rowing muscles, and this may have to be done perhaps forty times in a minute. Yet here practice will enable a man to keep his chest full, without letting out his resident air. Though he must breathe at every stroke, yet he may let out a small quantity only, and may fill this up again, so as to keep the full complement of air necessary for aerating his blood without changing a great quantity at each breath. By keeping the chest full for a long period every day, either in running or rowing, it is certain that it will in time gradually expand and its capacity will be increased. It will accustom itself to the larger demands made upon it, if this demand be made carefully and progressively. As the arm of the blacksmith develops, so will the chest of the runner and oarsman, and his lungs will acquire a facility of keeping a larger quantity of air, both resident and complementary. He will in fact acquire by practice the knack of holding his wind as it is acquired by many

who theoretically know nothing about respiration." These remarks apply with full force to the athletic exercises of Wrestling, Sparring, and Boxing, and they demand particular attention.*

* For a further elucidation of this subject the general reader is referred to the following works. "Human Physiology by Dr. Carpenter, Phila. Ed. 1855, p. 300, and Dalton's Human Physiology, Ed. 1864, p. 238, and on.

TRAINING.

THIS most important branch of physical education of the amateur, must needs attract well deserved attention; and it is sincerely hoped by the Author of this book, that it will meet the earnest approbation of the student of the "art of self-defence." A strict attention to this part of the volume will not only smooth the arduous path of the pupil in his first effort, but be the means of fixing his attention, aiding his memory, and inciting him to exercise his own mental and physical powers to their utmost extent. It is thoroughly believed by the writer that rancor and slanderous gossip may be kept down by a judicious use of this science, and that it will be an excellent thing to teach a man that it is neither good nor safe for him to utter anything with his tongue that he is not ready at all times to maintain with his hands. In order to prepare a man for training, it will be necessary to ascertain the state of health he is in at the time of com-

mencing. For in training, as in sparring, there is no specific rule in our opinion to guide people of different stamina, physical conformation and endurance. It would be absurd on our part to impose the same amount of training on one whose physical ability was not on a par with that of a person of robust health and vigorous temperament, as we would on the latter. If we were to undertake to prescribe the same regimen and exercises indiscriminately to all, these rules would doubtless terminate in a perfect failure as regards efficiency of the physical development of the training parties. We shall not dilate any further on this point, but leave it to the judgment of the pupil; yet we would respectfully suggest that at the time of commencing the physical education, the pupil, if not competent to judge for himself, will get the advice of a competent physician, and after receiving from this disciple of Esculapius the desired information, he will in some measure be guided thereby. We will now presume that the pupil is in perfect health at the time he contemplates undergoing physical training, and will advise him, to begin with, to eschew all violent or laborious exercises, such as lifting heavy weights, throwing out heavy dumb-bells, climbing ladders hand over hand, etc., etc., which tend more to exhaust the vitality than develop strength. Do everything naturally, and

take all possible care not to break down the system by over-exertion either in eating, drinking or training, as a false step in one may disarrange the whole physical machinery. Many a man who has toiled hard for weeks, nay even months, in order to prepare himself for a combat—who has been full of courage, honest in purpose, with an indomitable will to overcome every difficulty, and his opponent in particular—has by over-exertion and anxiety been rendered more unfit for the contest, on the day of battle, than on the initial day of training. Therefore we would advise our readers that their reason should dictate to them to perform their tasks thoroughly, and, at the same time, in the quaint language of honest Will Shakespeare, to "use all gently." No doubt most of our readers will be pleased to have us go into the minutiæ of all the paraphernalia of training. As well might we attempt to teach the English language leaving out of the lessons the classification of the nouns, pronouns, adverbs, etc., etc., etc., as to attempt to teach a pupil how to train without first entering into the details which are essential; we shall therefore take upon ourself the responsibility of dictating to the pupil the clothes that should comprise the outfit for training. Let the "Sophomore" therefore provide himself with two sets of flannels, a pair of thick, solid "lace-up" boots, a woollen over-

shirt, a pair of well-fitting pants, a pair of gloves, a short stick, and a round cloth jacket. Having now fully equipped the amateur, we can best explain how he is to train by the manner in which we have undergone the same operation. To do this, we shall drop our modesty and express ourself in the first person without a fear of being charged with egotism. For the first week I did very little labor, simply confining myself to abstinence, plain diet, and gentle aperients, of course taking occasional breathings in the open air, say from five to eight miles *per diem*, at a quiet and easy gait, neither straining nor exhausting myself; thus preparing myself for the more rigid work that was to follow. The next week I put myself on regular training diet, which was principally as follows. For breakfast, one or two lean mutton chops, (according to appetite,) one boiled egg, stale bread, and a cup of tea. For dinner, let me commence with Monday's dinner; a piece of boiled chicken, and *one* potato, and that not as large as your head, nor as small as a certain sanitary commissioner's benevolence, but still a potato, with bread at least two days old. I had the bread, made by an experienced baker, mixed with a few raisins, (the *bread* not the baker) and for my beverage a glass of sherry wine and water, or if preferable a cup of tea, or a glass of old ale. For supper, a pint of sago

or oatmeal gruel, with a little bread or toast. I do not believe in the system advocated by many trainers, who send their subjects to bed supperless, as in my opinion it would of necessity take the system a longer period to become accustomed to this abstemiousness, without any beneficial results; in fact I think it would be literally *starving* a man to *condition*. Let me here remark that seasoning condiments of all kinds should be dispensed with if possible, except in actual cases where the pupil cannot possibly do without them, as they create thirst and over-heat the system. On Tuesday for dinner a little roast beef, not cooked as some people have a notion, or more properly speaking, not cooked at all, but done according to the desire and taste of the parties eating it. Breakfast and supper as before. On Wednesday for dinner, a boiled leg of mutton with "no capers," (either with the cook or the Southdown,) and so on through the week. Simple as you see this description of the several days' diet, it comprised the whole variety of my food while undergoing training, with perhaps substituting a beefsteak and a cup of weak coffee for breakfast, for the mutton-chop and tea. I would recommend a glass of sherry wine in the morning, with a small piece of tea biscuit, or Boston cracker, just before commencing the morning exercises, as it is an excellent guard against the faint-

ness which often arises from training on an empty stomach. For the second and after weeks, my work was as follows (or nearly so:) I arose at six o'clock, received a sponge bath, rubbed well, and dried with a coarse towel; exchanged my night flannels for others, and then gently exercised with a pair of "*Kehoe's* Clubs," (eight pound Indian clubs,) to expand the chest and get me thoroughly awake. Then I started off at an easy gait, increasing my speed to a sharp walk, until I had accomplished four miles, when I turned and started for home at full walking speed until I had arrived within a quarter of a mile of my training establishment, which intervening distance I always ran. Having arrived at my domicil, I would quickly jump between the blankets, being now in a state of profuse perspiration. I was rubbed with coarse towels or pieces of flannel until I was perfectly dry, and remained in bed until I was perfectly cool. Then I was the recipient of a dose of hand-rubbing, the hands of the trainers only rubbing one way, *i. e.* downwards, (you will find this severe till you get used to it.) Then I again changed my flannels, and partook of my morning repast. Breakfast being over, I would rest myself for an hour or so, and then again exercise with the Indian clubs, gently as before, or instead, pitch quoits, or roll a game of *ten-pins*, and then start off for the grand

promenade, which would consist of about five and a half miles out and back; the last half mile being run at good speed; then I would undergo at the hands of my trainer the same delicate attention as in the early morn, and after getting thoroughly cool and changing flannels would be ready for my noonday repast, with an appetite that an Alderman might envy. After dinner I had an hour's *siesta*, and then having put on a light pair of lace-up boots took a rapid walk of about four miles out and back, interspersed with running sports of about eighty or a hundred yards at my topmost speed. On returning home would strike at a swinging bag filled with oats and hay until I was well tired and in a profuse perspiration; after which, I would again undergo the bear-like caresses of my trainer, put on dry flannels, and stroll about till supper-time. After supper I would row gently in a boat if I felt so disposed, if not, I would exercise with the Indian clubs. This constituted my day's work. By thus giving an idea of one day's work, the pupil can readily conceive the nature of my whole system of training, and can adapt it, according to his own judgment, to his own particular condition, with such modifications as may be desirable. In order to render our work more valuable to the amateur and general reader, we have deemed it proper to introduce here the views of

Stonehenge, concurred in by Forest, and other gymnasts and trainers of eminence, on this subject, leaving it, without comment further, to the judgment of those interested, as to the method they should adopt. The following diet will be found the best for all training purposes:

Breakfast.—There is no doubt but the very best food for this meal is oatmeal-porridge, with the addition of a certain allowance of beef or mutton, and a little bread; but many have the greatest objection to this diet, and never eat it without loathing. For them, I believe the next best beverage is a pint of table-beer, homemade, and not too strong, and giving with it a larger allowance of bread. It is not desirable to stint the appetite, unless very enormous, or unless there is a great superabundance of fat; but I believe it will, in most cases, be found more advantageous to reduce the weight by work and sweating, than by starving.

The best mode of dressing the meat is to broil it: and here I must say a word about the degree of cookery to which it should be subjected. It is generally directed that the steak or chop should be quite underdone; this I am sure is a fallacy. In broiling, very little nutriment is lost after the outside is once caught by the fire. Now, if nothing is lost, there is much gained by keeping the steak on the gridiron till

properly done through; for the food is rendered much more palatable to most, and certainly more digestible to all. I have known many who were thoroughly disgusted by their "red rags," as they have called their underdone steaks, and from their dislike to such food were quite unable to digest them. Tea and coffee are not good for training purposes, though I do not think them so bad as is generally supposed, if not taken too strong; cocoa is too greasy, and not so good as tea; which, if taken, should not be green. I am inclined to think, that in those cases where tea and coffee are habitually taken, and porridge or beer are much disliked, it is better to allow them than to attempt too great an alteration in diet. Butter, sauces, and spices should be carefully avoided; and nothing but salt and a very slight dash of black pepper used as a condiment.

Dinner.—This important meal should consist of roast beef or mutton, or occasionally a boiled leg of mutton may be allowed as a change; but veal, pork, and salt beef or bacon should be avoided; also goose, duck, and wildfowl generally. Roast fowls or partridges or pheasants, are very good food. Hare is too apt to be accompanied by high seasoned stuffing, without which it is scarcely palatable. Nothing is better than venison, when comeatable; but it should be eaten without seasoned sauce or currant jelly. As to vegetables,

potatoes may be eaten, but very sparingly; not more than one or two at a meal; cauliflower or broccoli only as an occasional change, and no other vegetable is allowable. Bread may be given ad libitum and about a pint to a pint and a half of good sound home-made beer. If this does not agree, a little sherry and water, or claret and water, may be allowed with the meal, and a glass or two of the former wine, or of good sound port after dinner. When the training is continued for any length of time, and the previous habits of the party have accustomed the stomach to it, I have found the occasional use of white-fish, such as cod or soles, a very useful change. Nothing disorders the stomach of man more than keeping to one diet; "Toujours perdrix" is enough to tire any one, even of so good a fare; and this must be constantly borne in mind by the trainer. The round he can make is not very extensive, but let him by all means stretch it to the utmost limits of which it is capable. It is even desirable to give an occasional pudding, but it should always have bread for its foundation. A good cook will easily make a very palatable pudding of bread, with a little milk, and an egg or two; and this, served up with fresh green gooseberries boiled, or any common preserve, is by no means disagreeable to the palate, or unwholesome to the stomach; but let it be only as a change, not as other-

wise useful. The grand articles of diet are beef and mutton, with bread or porridge; and if the stomach and palate would accept them gratefully, no change would be necessary: but as they seldom will, the best plan is not to attempt too much.

Supper.—Many trainers object to this meal; but I am satisfied from experience, that unless the training is of so long a duration as to thoroughly accustom the stomach to the long fast from dinner to the next morning, it is much better to allow a light meal at eight o'clock. Oatmeal porridge is for this purpose the best; and no one will be the worse for a pint of it, with some dry toast to eat with it, or soaked in the porridge itself. I do not believe that meat is ever necessary at night, except in very delicate constitutions, who require unusual support. For such cases I have found a chop at night, with a glass of port wine or even of egg and sherry, a very valuable means of keeping up the strength. Indeed, it will be found that no absolute rule can be laid down for all cases: and the trainer requires great experience and aptness for his task to enable him to bring all his men out in the same degree of relative strength. Nothing is so likely to destroy a boat's chance as a variable state of condition in the component parts of the crew. It is far better that all should tire equally, than that half should shut up early

in the race, while the others are capable of using their full strength. Hence, as I have before remarked, some will require much more liberal and generous diet than others. If, for instance, the habit is gross, and the appetite good, it will be needful to allow only the plainest diet, and to vary it very little. By this precaution, enough, and not too much, is sure to be taken, and the amount of work will ensure its digestion. If, on the other hand, the constitution is delicate, with a want of appetite, want of digestion, and tendency to too great a loss of flesh, then it is desirable to allow considerable change from day to day; and as far as is prudent, to comply with the particular fancies of the palate. Many stomachs bear port wine well; and in those who have a tendency to diarrhœa it is often indispensable. Others, again, are purged by oatmeal, and this is a sufficient reason for avoiding porridge. In some all the bread should be toasted to prevent diarrhœa, whilst in others, when constipation is present, coarse brown bread, made from the genuine undressed flour, is a good remedy for that troublesome evil. Whatever bread is eaten, it should be two days old, and the beef and mutton hung as long as the weather will permit. The best part of a sheep for chops is the leg of a two or three-year-old wether; and for steaks, a well-hung rump, or the inside of a sirloin. It is

often the practice to allow the crew to put into the river-side tavern, during the hours of practice, and take half a pint or a pint of beer or porter each. This plan I am sure is bad, the strength ought never to depend on immediate stimulants, and it is far better to shorten the practice than to keep it up by these means. I am quite sure that in training there are very few who require more than three pints, or at the outside two quarts of good beer per day, of the strength of five bushels to the hogshead; and the average quantity required is certainly not more than two pints and a half per man. Allowance must of course be made for previous habits, and for strength or weakness of constitution. In the early days of practice, and in the race itself, great distress sometimes occurs; there is considerable blueness of face from congestion, and the breathing is labored and difficult. The best remedy for this state is a glass of warm brandy and water and plenty of hard friction on the feet, legs, and thighs, or if it still persists, a warm bath at 98 degrees."

CORPULENCY:

ITS CURE AND PREVENTION.

S somewhat connected with the various matters treated of in the foregoing pages, we propose to make some remarks on that uncomfortable state in which men find themselves by their own course of life, to wit, corpulency: also upon the proper mode for its reduction and prevention. That many persons never become corpulent, no matter what they may eat or drink, is undoubtedly true. These remarks are not for them but those whose habits of living have produced that degree of obesity which if it does not render life a burden, begets in him who is afflicted with it (for it is almost a disease) a state extremely uncomfortable, sometimes painful, and always mortifying. The figure becomes disproportioned. The weight of the body is increased to such a degree that walking cannot be endured without great inconvenience, and sometimes pains in the feet and ankles. The ascending and

descending a flight of stairs is very troublesome, and cannot be performed in many cases without assistance. The putting on and off of one's shoes becomes impossible in many instances; and even the tying and getting on of one's cravat must be performed by others. Even the necessary ablution cannot be performed without assistance; besides there are many of the inconveniences attending the condition of excessive obesity which readily suggest themselves to the intelligent reader, whether he be married or single.

Let us here remark that the art of reducing excessive corpulency has been so little practised, if practised at all, and there has been such a diversity of opinion in regard to the proper mode, as to prevent most persons from making the trial; and some modes of treatment prescribed have been so severe as to deter the most anxious from making the attempt to secure their benefits. We have no doubt of our remedy, as it is a practical one, and not founded on theory alone, and we are only surprised that some of the learned faculty have not made it a study, and can only account for their omission on the ground that obesity is the nursing garden of many diseases. So, if we can be of any assistance to those thus afflicted we shall not only have the infinite pleasure and gratification of knowing that we have succeeded in our primary object, that of repay-

ing our labor, but give satisfaction to those afflicted with this dreadful calamity. Our remedy is simple and easy of adoption, and unlike training, as it needs no violent exercise to reduce the weight, but a strict regard to dietetics. Let all those who are suffering from corpulency and desire relief, give our plan a fair trial, say a month, and they will soon ascertain for themselves the efficacy of it. There are doubtless countless thousands, who, laboring under disabilities of obesity, feel the blush of shame or their ire rising at the sneering jests or uncouth remarks passed upon them by the cruel or unthinking; for what is more apt to excite criticism than the appearance of stout or corpulent individuals? Their unwieldy gait, and futile endeavors to appear sprightly, will naturally raise a smile on the faces of the most decorous. And now that a proper course of action is presented, it is our sincere wish that all of those of a corpulent habit will avail themselves of it. The first thing to be ascertained is whether the person who is about to adopt our system is willing to abide by the following injunctions for a time. Very little salt, pepper, or mustard in the food; no butter, very little bread; no milk or sugar in the tea; no champagne, port wine, ale, or porter—"Stop, stop!" you say; "you have left us nothing." Wait patiently, don't be hasty! the world was not made in a day, neither shall we recommend

ye corpulenters (new word) to rush headlong into this sudden change. Take everything easy, and if you regain that elasticity of frame and buoyancy of spirits in six months which has been years buried in fatty oblivion, you ought to be thankful. Well, having talked you into good humor, we will proceed, with your consent. On rising in the morning take a sponge bath of luke-warm water, be well rubbed all over with a coarse towel, a broad piece of flannel wrapped round the abdomen to keep it compact and warm; change the under garments often, (say every other day.) Keep warm at night during sleep, and don't throw the covering off if it can be avoided.

We would here state that there are two kinds of treatment for the reduction of obesity independent of physical exercises, viz:—that caused by sudorifics, and the other by dieting. We would recommend the latter as the most safe, reliable, and natural, and it has also the great merit of being the more permanent one, causing no suffering whilst undergoing the experimental treatment, but (*au contraire*) confirming a continuous progressive benefit both to health and appearance. The diet will consist of, for breakfast, from four to five ounces of lean animal food, with three ounces of soda biscuit, or Boston brown bread, or, if preferable, crackers; one cup of tea, coffee, water, or

sherry and water. For dinner a nice cut of either mutton roast or boiled, or roast beef, no vegetables oftener than three times a week, and they only to assist digestion; with not over one pint of liquid. In dining, don't use soups, fish, or celery, in fact don't have anything on the table but just what you are going to eat, nothing that may tend to excite the appetite or lead you into temptation. Cut every particle of fat or gristle from your meat, and don't let it be overdone. For supper a little sago-gruel (not over half a pint) with three ounces of toast, or three ounces of the breast of turkey or chicken, with the same amount of stale bread, half a pint of any kind of beverage other than the proscribed. To all those who have been in the habit of indulging freely in drinking liquor, we say don't leave it off suddenly, take it easy, reduce it gradually, but mind you do reduce it, so that the sum total of your liquid drinking, including tea, water, etc., will not reach over three pints per day, and if by a steady application of these rules any person gets himself down to that symmetry of form that is so desirable, it will be his own fault if he does not stay there. After having got there, let him exercise his own judgment, as to what he shall eat and drink, and if he does not exercise it rightly and becomes again a mass of *adipose matter*, he will get no sympathy from us. A person once reduced to a

proper weight, will find no trouble in preventing a recurrence of his difficulty. The age of the subject makes very little difference, for persons of the age of sixty-five, so corpulent as to be unable to attend to ordinary business, have been fully relieved in three months. And this without the loss of strength or physical energy, but on the contrary an increase of both.

In a letter written to and for the public by Mr. Banting, an English gentleman, sixty-five years of age, and indorsed by Dr. William Harvey, F. R. C. S., he prescribes the following regimen, which it seems he adopted for himself with great benefit; and little inconvenience was caused by the change.

For breakfast, I take four or five ounces of beef, mutton, kidneys, broiled fish, bacon, or cold meat of any kind except pork; a large cup of tea (without milk or sugar,) a little biscuit, or one ounce of dry toast.

For dinner, five or six ounces of any fish except salmon, any meat except pork, any vegetable except potato, one ounce of dry toast, fruit out of a pudding, any kind of poultry or game, and two or three glasses of good claret, sherry, or Madeira—champagne, port and beer forbidden.

For tea, two or three ounces of fruit, a rusk or two, and a cup of tea without milk or sugar.

For supper, three or four ounces of meat or fish, similar to dinner, with a glass or two of claret.

For nightcap, if required, a tumbler of grog—(gin, whiskey, or brandy, without sugar)—or a glass or two of claret or sherry.

This prescription would undoubtedly effect the object, but we think it unnecessarily severe in any case, and particularly so for aged persons. One half of the quantity recommended by Mr. Banting would bring about the reduction much sooner, but the necessarily accompanying effects would in most cases be positively injurious. And one could become emaciated in a very short time by eating nothing, but like the Grecian horse, as soon as he gets so as to live without eating, he would die.

A gentleman of this city has been pursuing our system forty-three days. He is forty-nine years of age, five feet ten inches in height, at the commencement of the course, he measured forty-nine inches around the waist, and weighed two hundred and thirty-three pounds. His weight then was very uncomfortable; he could not tie his shoes or put on his boots but with the greatest difficulty, and could not take exercise without great discomfort. There was a constant tendency to sleep after meals, even after breakfast, and this too after having enjoyed a good night's rest. It was almost

impossible for him to keep awake in the evening, at church, or at the lecture and concert rooms, and he was oftentimes mortified to find himself jogged by a person sitting next to him to prevent his disturbing the audience by his snoring.

At this time he weighs two hundred and fourteen pounds, measures forty-two inches around the waist, exercises with pleasure and profit, and does not snore in church, his general health is improved, and his figure is getting to be quite symmetrical. The prescribed regimen is still co[illegible]ued by him. The reduction in the case cited is certai[illegible] rapid enough, and is without any danger to the healt[illegible] and not in the least troublesome or inconvenient.

We say, therefore, that there need be no hurry in this matter. Take it quietly. Be persevering, and regular, and the thing will be done. The object is not to starve and destroy the *patient*, but to destroy his superfluous fat, and strengthen and harden his muscles, increase his nervous energy, and, in short, to make a new man of him.

THE END.